

## COMMUNICABLE DISEASES

### Communicable Disease Information

Communicable diseases are conditions which are spread person to person by direct contact, air, food, water, or animals.

These infections are reported by physicians, laboratories, and others to the Health Department as required by New York State law. Follow-up investigations are conducted by nurses to try to identify the source of infection, prevent the spread of infection to others, and ensure the patient has information about the infection to aid in his/her recovery.

### Examples of Communicable Diseases

In New York State, certain communicable diseases are reported by laboratories and health care providers to the county Health Department. This is so steps can be taken to limit further transmission to others and is confidential.

The list of diseases and fact sheets are:

(Note: These are external links)

Reporting Requirements:

<http://www.health.state.ny.us/nysdoh/cdc/cdcrept.pdf>

Communicable Disease List:

[http://www.health.state.ny.us/nysdoh/communicable\\_diseases/en/index.htm](http://www.health.state.ny.us/nysdoh/communicable_diseases/en/index.htm)

NY State Fact Sheet:

[http://www.health.state.ny.us/nysdoh/communicable\\_diseases/en/pdf/factshts.pdf](http://www.health.state.ny.us/nysdoh/communicable_diseases/en/pdf/factshts.pdf)

The Clinton County Health Department also offers special clinic services for sexually transmitted diseases, HIV, and tuberculosis.

#### How Do I Reduce My Risk?

There are many things that can reduce your risk for having a contagious disease.

- > Keeping a strong immune system [nutritious balanced diet; 7-8 hours of sleep daily, regular exercise]
- > Hand washing
- > Respiratory etiquette
- > Vaccines
- > Care of injury and cuts [prompt first aid—washing and bandage]

#### Contact Us

To receive more information, call or visit us at:

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